

# Facets

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FEBRUARY 2016

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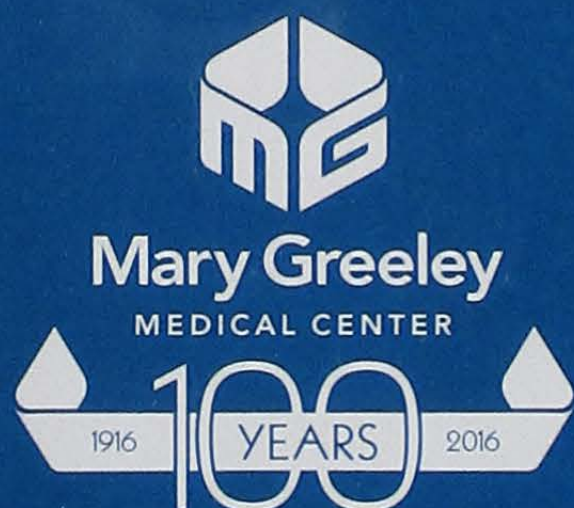
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# Facets

THE CENTRAL IOWA EXPERIENCE

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Local metalsmith Melissa Stenstrom creates custom jewelry designs, often using family heirlooms or old pieces of jewelry. Photo by Julie Erickson/Ames Tribune

## EDITOR'S NOTE

Throughout the time of man, we have created and crafted items to help our daily lives go a bit smoother. Tools and clothing to protect against the elements when working the fields are just a few things we have created. There are also things like terrariums and family traditions that have found a place in our lives and in our hearts. Some would say the practice of gardening keeps them sane. But gardening has the dual purpose of that stress relief and food production. Things like quilting become heirlooms and give comfort.

We not only have tools and things that have dual purposes, but we have the fine arts — examples are things like metalsmithing, painting, sculpting and design. Many families in history paid handsomely for these arts. Jewelry and armor, portraits and landscapes all took on a significant meaning as time went on. We can now find many of those items in museums.

It is always a good thing to remind ourselves about the arts and crafts that have become commonplace in our lives. In a world where we are bombarded with stress and electronic screens, it is sometimes difficult to remember to slow down and pick up those arts and crafts. Maybe you have no experience in any arts and crafts field. No bother, you can always start! My favorite suggestions would be knitting or crocheting, maybe even cross-stitch. Woodworking might be another possibility. Start slow and simple. Then, when you find a craft you enjoy, grab that hobby and run with it!



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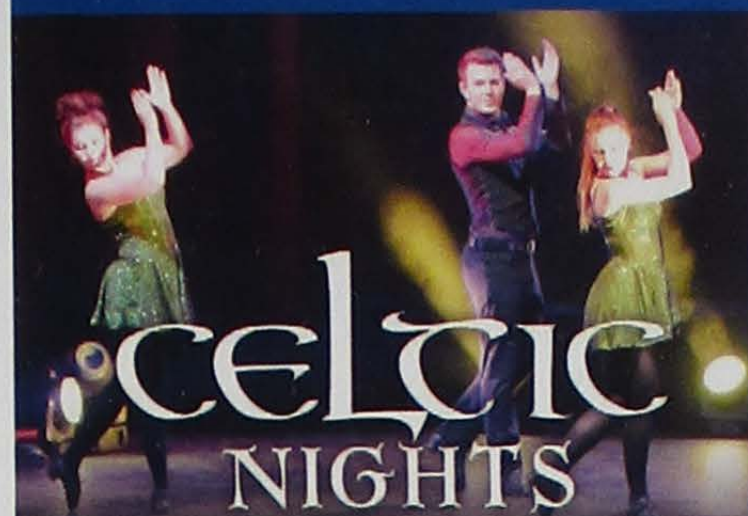
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# The Birthday Surprise

BY KAREN SCHWALLER  
Contributing Writer

**F**armers are crafty by nature. I wouldn't say they fall under the "Martha Stewart" category, but they can hold their own when it comes to crafting what they need.

But as practical as they are, every now and then their creations are simply an offshoot.

My birthday comes in mid-October — a bad time of year for someone on the farm to have a birthday if there is to be any kind of family celebratory festival happening. I remember my father telling me once, "You know, you got me out of the field the year you were born." To which I said, "I don't think I did that — I think you did that."

My father — very much a critical thinker — had no choice but to agree with that statement, all things considered — knowing that I had both the birds and the bees on my side.

Birthdays for most of my life have been non-events. It's a good thing I grew up understanding that people were always too busy to celebrate it at a time when the farm goes into red alert, calling all hands on deck. And yet, you would think I'd have learned the lesson and married someone whose office was in town and not outside his front door.

It must have been a fresh air overdose for me.

I still maintain that it isn't my birthday that comes at a bad time of year; rather, harvest could invite itself each year at a more convenient time.

This past fall it was setting up to be a typical birthday when our daughter asked me to accompany her on a shopping trip. Happy to have something else to do and someone who wanted to spend the day with me, I accepted and we rode off into the horizon.

We went to a few stores, drooled over many things and kept most of our money. Soon it was time to return home. Of course, since harvest was in full swing, we made the plan for supper and executed it with skilled prowess. We got home at 7 p.m. and split up our jobs. I grilled burgers and loaded them up with all the condiments and wrapped them individually while our daughter gathered up and packed everything else that needed to go along. We backed out of the driveway with supper in tow by 7:15 p.m., with not even one charred burger.

I'm not sure if Ree Drummond or Jesse Owens would have been more proud of us.

When we delivered supper, we stood around talking as always, with tractor and combine lights shining down on us. Soon my

husband left and walked toward his truck as I cleaned up the evidence of supper. He soon returned, walking slowly with a bakery cake and some balloons waving in the fall breeze.

I was stunned. One of his trips to the elevator included a stop at the local grocery store that had a parking lot big enough for a semi, and he conducted his secret business there.

I was serenaded by the whole group, who sang "Happy Birthday" under artificial lights — with harmony — no less. I was nearly giddy with birthday glee.

We cut the cake and enjoyed it on pink paper plates and with pink silverware, which our daughter bought while we were out shopping that day. She was an accomplice to the entire plan — which still seemed small compared to the year she orchestrated an entire surprise party on the first year my age started with a "5." It was the closest I ever came to smelling salts.

Lucky for her harvest went quickly that year, or it would have been only she and I at the party — which would have been no surprise at all.

Happiness doesn't just happen — it's created. And who knows how to craft a plan better than a farmer and his family? Even if there are years when that plan takes a while to get put into motion.





# Crafting a Keen Green Scene

BY JAN RIGGENBACH  
Contributing Writer

There's nothing new about growing plants in glass containers. Terrariums actually date back to the early 1800s, when a London physician named Nathaniel Ward discovered he could grow a plant in a closed bottle with very little effort.

Some of the earliest terrariums were box-like devices that resembled miniature conservatories, decorated with a variety of plants that thrive in a warm, humid environment. They were fondly called Wardian cases, after the doctor.

In a burst of popularity 40 years ago, it seemed like every house had a terrarium or two. Gradually, that popularity faded.

But guess what? Terrariums are coming around again, and this time there's something for everyone.

Artists and crafters are creating miniature nature scenes with plants arranged in a glass vessel to mimic a lush forest, a desert landscape, the seashore, or a park.

Minimalists are satisfied with one showy plant in an exquisite glass container.

Busy people who nevertheless want green plants in their homes are thrilled to discover that a glass container with lid can go without additional water for up to a year.

And the Wardian case, whether a vintage model or a modern-day look-alike, is back in style.

Some other possibilities for terrarium containers include a fish bowl, glass cylinder, cookie jar, apothecary jar, or footed bowl, as long as the glass is clear.

In "Terrariums: Gardens under Glass" (Cool Springs Press, 2015, \$24.99), terrarium specialist Maria Colletti shares photos of some of her favorite designs and step-by-step instructions for planting. The book is a useful primer for a fun pastime. Here's

a sampling of the author's tips:

- Tongs, chopsticks, brushes, and a funnel with the longest nose you can find make good terrarium tools. A mister is especially important for maintaining a terrarium's good looks.

- Provide a drainage area using gravel, pebbles, stones, or sand in the bottom of your closed container. Top it with shards or pellets of activated charcoal to absorb odors and molds.

- Ordinary potting soil works fine in terrariums, but use something to separate the soil from the drainage area. I like Colletti's recommendation of brown construction paper, which matches the soil so it isn't

noticeable through the glass.

- Among the many plants Colletti recommends for a terrarium are baby tears, Mexican rose, club moss, pink star, staghorn fern, and creeping fig. Air plants should be used only in open containers, and lifted out for periodic watering.

- For advanced growers, living mosses offer a challenge under glass but are worth the effort for their exquisite beauty.



The Wardian case was the precursor of modern-day terrariums, now enjoying a renaissance as a craft. *Photo courtesy of Lori Adams*



# The big boxes, pushing the envelope

BY ADRIAN HIGGINS  
Washington Post

**A**s I recall, there used to be a decent interval between the new year and the time when the seed racks

started to appear in hardware stores. If you wanted to get a jump on the season, or merely to dream of the summer ahead, you curled up with that quaint paper collation known as a seed catalogue and circled the varieties that took your fancy.

At a gentle pace, as you noticed the gray days outside growing longer, you would whittle down your selections and fill in the mail-order form, knowing you had a month or so before you needed the seeds in hand. Or you'd amble in your own good time to the retailer racks.

Today, as soon as the poinsettias are shown the door, the seed stands go up, bright and replete and full of the promise of spring.

This is vexing on one level because to the casual consumer, the displays seem to be suggesting that this is the time to start seeds. The central period for starting seeds is from early March to mid-April, but the business of germination is much more complicated than that. You might start broccoli seedlings indoors in about two weeks, but you wouldn't sow a butternut squash seed or a lima bean until late May, directly into the garden and when the soil has warmed up. Perhaps folks know this, perhaps they don't.

If you start even cool-season varieties now — in a greenhouse or, more likely for most of us, under lights indoors — the seedlings will be too elongated, rootbound and generally stressed before it is safe to plant them out in the garden. The last frost around these parts can occur in early to

mid-April.

There is much to be said for seed starting, not just in saving money and broadening varietal choice, but in getting to the whole essence of gardening, which is about the process of nurturing beauty. But it takes knowledge beyond the seed packet descriptions, and particularly it requires a sense of timing best taught by experience and observing other gardeners, and not when the mass merchandiser decides you should consider purchasing seeds.

That said, there are real advantages to sniffing around the seed racks now, even if you end up with a few impulse buys. Keep your packets of living germ in the fridge until you're ready to use them.

Some seeds need attention soon. If the ground isn't frozen, late January presents an opportunity to sow both sweet peas and garden peas directly into raised garden beds or freeze-proof containers. If the peas haven't shown any stirring after a month, you can sow again. I sow Shirley poppy seeds in the fall but like to scatter fresh seed too at this time to hedge my bets. If they germinate, they'll bloom in May.

The end of the month is the time too to start (indoors, under lights) leeks, cabbages, broccoli and cauliflower, so that you have some stout transplants to install in the garden in April, before things turn warm. I recently picked up some seed of cauliflower as well as regular and sprouting broccoli.

Copenhagen Market is a standard, smooth green cabbage, not as photogenic



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Another reason to peruse the racks in January is to find varieties that you like but fear may be sold out if you wait until a more logical moment to get them. This always seems to be the case when I'm looking around in May for some good garden variety of sunflower to sow — not the single-headed giants but more delicate branched types that may be small for a sunflower but make for a large and handsome border plant.

as some of the red ones, but it performs solidly. I had to get my hands on a packet or two, which leads into another point: choice.

Another reason to peruse the racks in January is to find varieties that you like but fear may be sold out if you wait until a more logical moment to get them. This always seems to be the case when I'm looking around in May for some good garden variety of sunflower to sow — not the single-headed giants but more delicate branched types that may be small for a sunflower but make for a large and handsome border plant.

Buttercream, a soft yellow, is one such variety worth seeking. Another is Moulin Rouge, which is a deep burgundy red, with broad overlapping petals. A third, Italian White, is a little lighter than Buttercream, with a smaller central disc and showier petals. I pounced on a packet of that.

The other aspect of visiting these big-box racks is that the seeds seem awfully cheap to someone who routinely buys too many seed packs during the course of the year. I'm accustomed to paying \$4 apiece or more from mail-order houses but found the ones in the mass merchandisers to be \$1.35 for a packet of beet seed and no more than \$1.99 for a variety of cauliflower. This is all about the big-box model of low price points, I suspect.

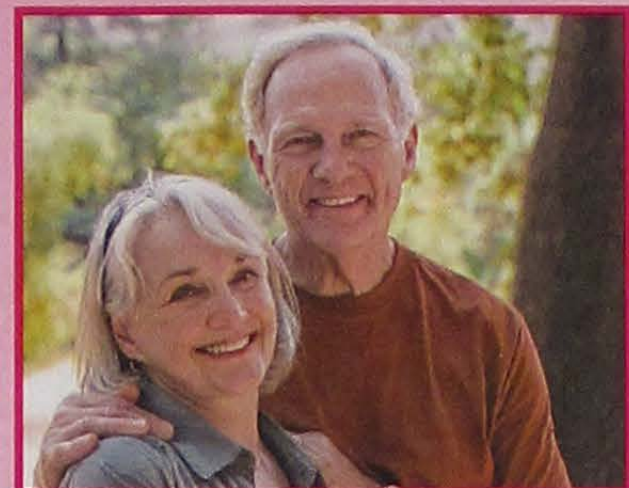
Retailing is a dark art, and I thought that the reason the rack prices were so low is that you got far fewer seeds than the ones sent directly from the seed merchant. Not necessarily so, it seems. I opened the \$1.59 version of the sunflower packet to find 64 seeds. By mail (or Web) order, the price was \$4.95 for 50 seeds. I did the same comparison with packets of parsnips and broccoli, and again buying directly from

the seed merchant would cost you: The prices were \$3.95 online vs. \$1.37 and \$1.49 from the mass merchandiser. The cheaper versions also had more seeds, considerably more.

A voice in my right ear told me that I shouldn't buy these seeds at such discounted prices because they were hurting the profitability and perhaps the viability of the seed companies. A voice in my left ear reminded me that I had spent a small fortune on seeds over the years, buying directly from the mail-order catalogues.

So I entered the store with disdain for these precocious seed racks and left with 16 seed packets. The lady at the checkout asked me whether I had a big garden. I suddenly felt like a horticultural glutton, especially because this was just an aperitif for the party ahead. "I'll give some of them away," I said, and maybe I will.

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Yogis practicing the Reverse Warrior Pose during an Artful Yoga class on the Iowa State University campus. Photo by Kecia Place-Fencil

# Give artful yoga a try



BY KECIA PLACE-FENCL  
Contributing Writer

**N**ancy Gebhart had a vision. In February 2012, Artful Yoga and the partnership between University Museums and Recreation Services Department on the Iowa State University campus was born. According to Gebhart, art and yoga are both introspective, expressive and soul-filling. They both create community, which is why it seemed logical to combine the two in a meaningful way for the public to experience. She felt that the class would give the community another opportunity to utilize their exhibitions and engage the public in meaningful ways.

The art exhibition is typically the same for an entire semester, but each Artful Yoga class focuses on different themes in the exhibition. Each class begins with a 15 minute discussion of one aspect of the current art exhibition. Nancy Gebhart provides the discussion starters and the background information about the exhibition.

Once the yoga practice starts, the art in the exhibition is used throughout the practice as the Recreation Services instructor guides the participants through their practice. Sometimes the focus is on a single work of art, a single color, or a theme that will guide everyone's individual practice. Participants have practiced yoga amid an immersive laser exhibit and most recently an exhibition of multicultural women artists from the

permanent collection.

Yoga is for everyone and can provide you with instant gratification and long lasting transformations to your physical and mental health and well-being. Yoga helps increase strength and flexibility, teaches us to slow our breath (prana), relax and focus on the present. In addition, it helps thwart depression and anxiety, relieves stress, opens the mind and helps us sleep better. Yoga also helps us improve our range of motion and ease joint pain, as well as helps prevent diseases by improving organ health.

Have you ever wanted to try yoga? No more excuses. Now is the time to try! Artful Yoga is FREE to the public the second Wednesday of the month in the Christian Peterson Art Museum, 1017 Morrill Hall. Every class has participants ranging from beginner to expert level. Gebhart compliments the instructors in adapting to the varying skill levels of the participants. The discussion of the art exhibit starts at 5:15 pm, with the practice starting at 5:30 pm. Classes for the remainder of this semester will be on February 10, March 9 and April 13. If you would like to experience Artful Yoga, please email Nancy Gebhart at [nancyg@iastate.edu](mailto:nancyg@iastate.edu) by 3:00 pm on the date of the class.

The yoga community in Ames is truly amazing! Come join others who are looking to improve their health and well-being on Wednesday, February 10 at the Christian Peterson Art Museum. See you on your mat!

*Yoga is for everyone and can provide you with instant gratification and long lasting transformations to your physical and mental health and well-being. Yoga helps increase strength and flexibility, teaches us to slow our breath (prana), relax and focus on the present. In addition, it helps thwart depression and anxiety, relieves stress, opens the mind and helps us sleep better. Yoga also helps us improve our range of motion and ease joint pain, as well as helps prevent diseases by improving organ health.*





# Local designer creates new look for family treasures

By Julie Erickson  
Ames Tribune

**M**aybe it's a family heirloom. Or it could be an old favorite piece of jewelry which, after years of wear, might need a makeover.

Customers can occasionally need a custom design job to create the perfect accessory, and local jewelry maker Melissa Stenstrom is there to help.

Stenstrom's business, Melissa Stenstrom Fine Jewelry, aims to "recycle, reuse and reinvent new jewelry," and the local

artist regularly creates handmade custom designs for her customers.

While she originally had thoughts of becoming possibly a writer or a fashion designer, Stenstrom began taking jewelry classes during her time as a student at Gilbert High School, and later at Iowa State University.

"I had to take all the prerequisite classes and several studio classes, and I just really liked the processes, the ways you go about doing things. And the techniques for working with metal are different than other materials, and I liked

working with that," she said. "The other ones were more like 'that was fun, but let's move on'."

Stenstrom went on to earn a Bachelor of Fine Arts degree at ISU, with an emphasis in jewelry and metalsmithing. After working for jewelers, she branched out on her own, and began selling her own jewelry in 2005. At the end of 2008, and early in 2009, Stenstrom opened her shop at 507 Main Street, Suite 1, in downtown Ames.

When she first opened shop, Stenstrom worked out of a space with the Creative



Artists' Studios of Ames, and enjoyed being near her kids' preschool.

Since moving into the downtown space, Stenstrom said her daughter, a sixth grader, and son, a freshman in high school, still occasionally come in to create projects of their own.

On one occasion, her son created a wax version of a sword pendant.

"So I cast it for him, and he got it as a birthday present," Stenstrom laughed.

Most of Stenstrom's work includes creating a wax model of each piece. The models are then cast — with liquid metal poured into the mold — and while she used to have to send her wax models to be cast at another shop, Stenstrom said a major accomplishment has been setting up her own casting system to allow for the whole in-house process.

Stenstrom said she liked to practice a variety of techniques from piece-to-piece, and she's never met a gemstone she didn't like. While she likes to accept custom designs that will challenge her, she occasionally comes across a new technique that becomes one of her favorites.

For instance, she once took up a challenge to create a Turk's head knot pattern for a customer's ring. The decorative knot includes several interwoven strands and once Stenstrom figured out a system to create the pattern, the idea stuck.

"It looks like a braid, but it's five rows instead of three. With each row, I do three strands," she said. "It's more a process of weaving. So I have a tube and I put little pegs in the pattern, and then I weave in and out."

Stenstrom can now



Local metalsmith Melissa Stenstrom creates custom jewelry designs, often using family heirlooms or old pieces of jewelry. Photo by Julie Erickson/Ames Tribune





It has a lot of personal meaning. So it's not something mass-produced that you can get at a lot of chain retail settings. It's stuff that has maybe some sentimental value.

Local metalsmith Melissa Stenstrom creates custom jewelry designs in downtown Ames. One of Stenstrom's favorite designs to make is a Turk's head knot. The decorative knot includes several interwoven strands, and Stenstrom uses a weaving process to create the look. *Photo by Julie Erickson/Ames Tribune*

METALSMITHING continued from page 13

complete the weaving pattern in about an hour, and she said she's enjoyed using the pattern on several other designs since.

While some of the designs can prove to be tricky at first, Stenstrom said a major challenge in her day-to-day work is staying focused on the multiple projects at hand.

"There's a lot of different things that get going, and sometimes you have downtime with processes where you heat the metal and you have to put it in a solution to clean it," she said. "While it's cleaning, you do other stuff, so it's remembering what you were doing and staying on task to get it all done within a timely fashion."

Most of her usual projects, she said, include custom work from customers looking to re-purpose old jewelry

One customer approached her about creating a new ring using a stone from her father's ring and a diamond from her mother's earring. Two sisters asked Stenstrom to create two individual rings, each including one diamond from their mother's anniversary ring.

Stenstrom can also re-use old metal from other items to create custom jewelry. A customer once wanted to make a special gift for his girlfriend, and Stenstrom used old metal from the customer's childhood belt buckle to create a bracelet.

"A lot of times, people have jewelry that they got through some situation or inheritance, and maybe they don't like how it looks or they don't feel like they can wear it, or it's too worn to wear," Stenstrom said. "So any of those reasons are good ones to just re-evaluate and say let's make it into something you

want to wear."

Along with owning the downtown shop, Stenstrom also teaches part-time at DMACC, primarily teaching art appreciation. To manage her busy schedule, Stenstrom's downtown store is open from 10 a.m. to 1 p.m. Monday through Saturday, and by appointment.

While shoppers have plenty of options to buy a new piece of jewelry, Stenstrom said local metalsmiths like herself can provide custom designs for some of her customers' most treasured possessions.

"It has a lot of personal meaning," she said. "So it's not something mass-produced that you can get at a lot of chain retail settings. It's stuff that has maybe some sentimental value."

To set up your own appointment, customers can call 515-451-1318 or email [msfinfo@gmail.com](mailto:msfinfo@gmail.com).




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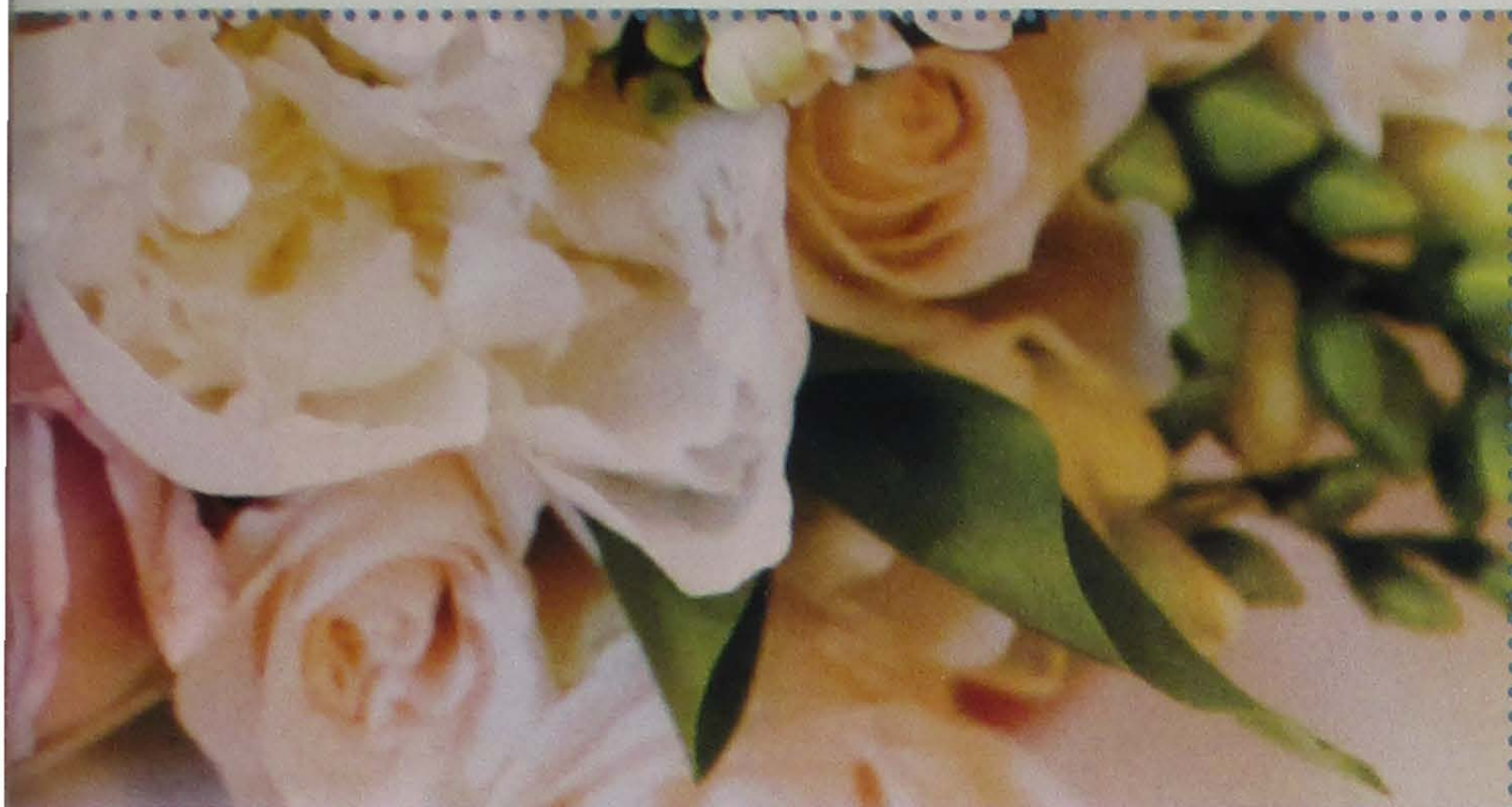
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Nancy Carroll, Executive Director, center, visits with loyal volunteers Kathleen Davis, left and Iveta Zeliadt. Contributed photo

**Every woman has a story;  
it's not how you tell the story,  
it's how you live it**



**EDITOR'S NOTE:** This is a continuation of Karen Petersen's story from the January 2016 issue of Facets.

There are as many stories about "How I arrived at this point in my career" as there are women. This month and next I will be writing about two women who started their careers in very different ways and today they are both advocating for seniors at Heartland Senior Service.

Here is Nancy Carroll's story, this is the second part of my columns about women and their career paths.

Nancy Carroll loves Ames, Iowa. Carroll grew up in Ames, graduating from Ames High School in 1975. She double majored in recreation and interior design at the University of Northern Iowa. After college, she held recreation positions in New Hampton and Waverly. In 1985 she had the opportunity to come home to the town she knew and loved. "Ames isn't one of the best cities in the Country — it's the best. I was thrilled to come home in the mid-80s" she said.

Carroll served as the City of Ames' Aquatic Supervisor for two years, then Recreation Superintendent for four years. Then, in 1991 she became the Director of Ames Parks and Recreation; a position she held until 2013.

"During my years serving as director, the residents of Ames supported several important bond issues that really impacted the quality-of-life within the community." Three successful bond issues, combined with grants and private donations financed the construction of the Ames/ISU Ice Arena, Furman Aquatic Center, and Ada Hayden Heritage Park. The park system also expanded during this time from 24 to 34 parks and a Dog Park and Skateboard Park were added. "Over the years, as I had the opportunity to interact with staff from other cities the thing that I came to realize is that Ames is really unique. Our ability to collaborate within this community is second-to-none. The Ames residents greatly benefit from the leadership of the City of Ames and Iowa State University working together on

behalf of the community," Carroll said.

In 2013, Carroll was asked by her pastor to become a full-time fundraiser for BILD International. BILD provides higher education degrees in Ministry and Theology in over 68 countries. Carroll served in that role for three years. In the fall of 2015, Carroll was introduced to the possibility of becoming the Executive Director of Heartland Senior Services.



KAREN  
PETERSEN

"Heartland offers a wide range of programs and services to Story County seniors that impact people's lives on a daily basis. Activities, Adult Day Center, Nutrition, and Outreach touch over 2,200 individual lives each year."

Carroll said. "We are actively pursuing the development of a new facility to more effectively address the needs of the Baby Boomer generation. Ames has been identified as one of the most attractive retirement communities in the U.S., residents of Story County are bringing parents to central Iowa for retirement, and the rate of retirees per year is increasing. With the development of a new facility and partnership with other Ames organizations, Heartland Senior Services is positioned to provide an inviting environment to support the future needs of seniors. I view this as another opportunity to impact the quality-of-life within Story County." Carroll became Heartland's Executive Director on January 1, 2016.

"I am 100 percent committed to the mission of Heartland Senior Services of Story County, to offer life-enriching opportunities to older adults and to provide support to their families and caregivers. I look forward to serving and enhancing the lives of Story County seniors each and every day," Carroll said.

Many career choices are based on our need to support ourselves and families; the later in life career choices Nancy and Liz made allowed them to follow their passion. ... Because Life is More than Money

*Karen L Petersen CFP® CDFA™ is a fee based financial advisor. You can contact her at 515 232 2785 or karen@mymorethanmoney.net Registered Representative, Securities offered through Cambridge Investment Research, Inc., a Broker/Dealer, Member FINRA/ SIPC. Investment Advisor Representative, Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor.*

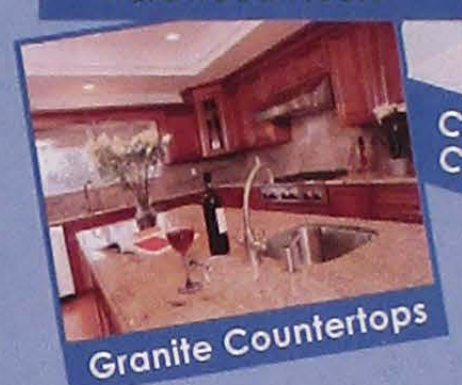
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# 'Should we let her fail?'

## *might be the wrong question*

BY MEGHAN LEAHY | Special to the Washington Post

**Q:** How can I help my seventh-grader be more responsible about her schoolwork? She is struggling in school but doesn't help herself by seeking out what she needs to know, and low grades don't seem to bother her. I'm getting a vibe from teachers that middle school is all about parents backing off and students taking the lead. But on her own, our daughter is disorganized, unfocused and ambivalent about the results of this behavior. Should we let her fail? (And by fail, I don't mean an assignment . . . I mean FAIL fail, because that is a very real possibility at this point.)

**A:** There are a couple of key facts  
 • I am missing here. No. 1, I  
 • don't know if this is a new phenomenon or if this has been going on a number of years. Second, I am guessing, since you don't mention it, that she doesn't have any known disabilities or diagnoses. Suffice it to say, before you do anything, make sure she has a thorough checkup. Are her eyes and ears okay? Is she physically ship-shape? Next, be sure she is doesn't have any undiagnosed learning disabilities. So many "failing" children are seen as disorganized and unfocused, when really they are truly doing their absolute best to stay afloat.

And even if this is a new problem, it doesn't mean that there isn't a disability or

attention disorder underfoot. Some children scrape and fight through for quite a long while, creating elaborate coping strategies. And then they hit a wall.

Seventh grade is also the year that many young women get their periods, wreaking hormonal and emotional havoc. I am wondering whether she is experiencing some physical and emotional changes that are feeling scary and big to her.

I also don't know what "struggling in school" means. It is pretty well known that American children are dealing with unneeded homework stress, and the country and educational system don't really understand what homework does or doesn't do (and we stick with what we know, effective or not). So, as we shuffle

along, our children are developing some serious anxiety and depression problems.

On to your biggest parenting question: "Should we let her fail?" I have been writing long enough now to know that this is going to make people angry, but here goes: It depends.

You can find studies to support the importance of failure. (I have given a couple of talks on it myself.) You can find others about the damage that failure can inflict on children. I suggest skipping these articles and figuring out your own daughter.

If we remove the reductionist nature of grades and schoolwork, what is the real problem here? Why doesn't your daughter care about her schoolwork? There is



nothing you can do until you answer this question. And I get it. That is completely maddening. Nothing would make me happier than giving you some pat, easy 1-2-3 answer.

In lieu of that, here are some questions that I always wonder when a child appears to not care about her work:

- Have you hassled, nagged, helicoptered, bothered, sat directly next to her, forced, bribed or punished her throughout her academic career? If the answer is a moderate to strong "yes," you may have raised a child who is dependent on you to organize herself, complete her work, find her motivation. Essentially, the natural developmental drive to complete tasks has been stifled. You have a 5-year-old in a 12-year-old's body. And if you read this and go into some kind of guilt trip or panic, let me assure you that you are not alone. Well-meaning teachers are expected to assign kindergarten students homework well before it is developmentally appropriate. This requires parents to sit next to their children and begin the cajoling and mentoring and, essentially, tutoring. One year turns to two turns to three, and poof! You've got a bad habit. Trust me, I have yet to meet a parent who wakes up and says, "How can I undermine my child's learning today?" But parental over-involvement in homework handicaps children.

- You haven't helicoptered (that's a verb now, huh?) her work, but have you gone out of your way to prevent her from experiencing the consequences of her work (or lack thereof)? Have you run every forgotten assignment to her at school? Have you packed her backpack every morning? Have you written excuses to the teachers when they were not warranted? If so, you have not allowed your daughter to struggle, find a solution, give up, seek help at school or feel the sting of failure or the joy of success. If you leave her to

her own devices now, she doesn't have any devices. She doesn't have any experience, self-esteem or resilience to rely upon when the going gets tough.

- How is failure viewed in your home? Have you let her know that you will support her, love her, accept her no matter what? Have you let her know that her homework is but one small aspect of her life? Is the message that failure is dire? (It is not). If failure is avoided and feared in a family, the children will either become perfectionists and anxious, or they will withdraw completely. Abdicate. Failure is so uncomfortable, it cannot be faced. What if the parents didn't worry about failure? What if you said to her, "Hey, no matter what, I believe in you and I love you. If you fail, then we learn what needs to happen. We have your back. We are all in this together." What if failure were welcomed?

- Is this child in danger? Depressed? Being bullied? Feeling unsafe at home or in school? So many of the behaviors of tweens and teens don't clearly point to the actual problem. This necessitates that we become strong and compassionate listeners. We want to know about her interior world and how she is coping and maturing.

- Will this failure push her into a place of anger and deeper depression? Will she feel abandoned? Will this failure lead to a deep fracture in your relationship with her?

I hope that these questions lead you to a place of deeper understanding, whether that understanding is about yourself, your child or your entire family. I cannot answer your real question: "Should we let her fail?"

Try changing the question to "What is this scenario really about? How can I best understand, support and love my daughter in this scenario?"

Keep it simple, keep it kind and keep it easy (or as easy as you can).

Try changing the question to "What is this scenario really about? How can I best understand, support and love my daughter in this scenario?"





*It's a hairy issue!*



It came with the hipster crowd then went mainstream. A lot of what we do is teaching men how to care for their beard. Many guys don't know it can be shaped.

**H**ave you wondered why men are wearing more facial hair recently? It started with the scruffy look worn by actors a few years ago and now full-fledged beards. I spoke with two industry professionals and a few guys to get the scoop.

Paul started wearing a beard at age 14 when he could grow it. He wears it believing "the more of my face I cover with hair the better I look." He has worn it continuously and says it's not flashy so no one reacts. It's not really a design and he just trims it.

Shelby started wearing his beard 4 years ago. He says it makes him more confident. He gets lots of compliments from both men and women. Beard care involves shampoo and conditioner every other day. He uses a boar bristle beard brush daily and beard oil when he can afford it.

Jedidiah started with a goatee at age 13. His father always had a beard so it "always felt like something men do. Additionally shaving sucks." He wears it long – sometimes braiding it. He comments that people "touch it all the time without permission."

Michael has worn a short beard since 2007. Wearing a beard means he has less trouble with ingrown hairs caused by his curly hair. "I wear it to hide my baby face," he continues.

Licensed barber Rick Butler owns Tom's Barber Shop on Main Street in Ames. Rick taught at a barber school and worked in sales for a Midwest beauty supply company before buying the shop.

Rick's ISU student clients have been wearing beards for 3-5 years. It started

with stubble from a 3 day to a two week growth. He believes the trend will continue for at least 2-3 more years. Younger guys start to wear beards if they start going bald early according to Rick.

A traditional barber, Rick does 8-10 beard trims per day and includes mustache trims with his haircuts. He no longer does the traditional barber shave because it takes too long and he would have to charge a much higher price for that time. He charges \$17 for a haircut and \$10 for a beard trim. Cuts are usually every few weeks and beards are more often.

Licensed salon owner Karen Tinnean, co-owner of The Groom Room in the Depot, shared that facial hair has become more popular in the last two years. She added that they watch the trends on the coast and expect the beard trend to last another two years.

"It came with the hipster crowd then went mainstream," she remarked. "A lot of what we do is teaching men how to care for their beard. Many guys don't know it can be shaped."

Some men grow it for colder weather and some grow it for No Shave November to benefit cancer research. Thirty to forty percent of their clients wear facial hair year round.

The Groom Room's cuts are \$20 and beard trims are \$12 but when done at the same time the combo is \$28. They also do gray blending hair color what Karen calls "pepper in the salt." They carry a full line of hair care and beard care products for retail including traditional shaving supplies like cups and brushes.



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# 5 make-ahead meals to kick-start your menu

BY WASHINGTON POST

Adapted from "You Have It Made: Delicious, Healthy, Do-Ahead Meals," by Ellie Krieger (Houghton Mifflin Harcourt, 2016).

## Greek mixed greens pie with phyllo crust

8 servings

Reminiscent of spanakopita, the Greek spinach pie, this is a good and easy starter recipe for those who haven't worked with phyllo dough.

**MAKE AHEAD:** The unbaked pie can be refrigerated for up to 1 day; add 10 minutes to the baking time. It can be chilled in the refrigerator, wrapped in plastic wrap and aluminum foil and frozen for up to 3 months; reheat by placing it in the oven during the time it preheats to 375 degrees; once it reaches temperature, bake for 45 minutes. The baked pie can be cooled completely, then refrigerated for up to 4 days; reheat uncovered in the oven as it preheats to 350 degrees. Once it reaches temperature, bake for 20 to 30 minutes.

### INGREDIENTS

1/3 to 1/2 cup olive oil, plus more for the baking dish

6 thick/large scallions, white and

light-green parts, trimmed and chopped (1/2 cup)

Three 10-ounce packages frozen chopped spinach, kale and/or collard greens, defrosted

and squeezed dry (preferably a mix)

7 ounces (1 1/3 cups) crumbled feta cheese

8 ounces (1 cup) low-fat cottage cheese

3 large eggs, lightly beaten



Greek Mixed Greens Pie With Phyllo Crust. Photo by Quentin Bacon, from "You Have It Made"/Washington Post



1/2 cup finely chopped fresh dill  
 1/2 cup finely chopped flat-leaf parsley  
 1/2 teaspoon kosher salt  
 1/4 teaspoon freshly ground black pepper  
 18 sheets (about 8 ounces) phyllo dough, at a cool room temperature

#### STEPS

Heat 2 teaspoons of the oil in a medium skillet over medium heat. Once the oil shimmers, add the scallions and cook, stirring, until they have softened, about 3 minutes. Transfer to a large mixing bowl along with the greens, feta, cottage cheese, two-thirds of the eggs, the dill, parsley, salt and pepper; stir

until well combined.

Preheat the oven to 375 degrees.

Brush one 9-by-13-inch casserole dish (or two 8-inch square casserole dishes) with oil. As needed, cut the stack of phyllo sheets to fit the large dish if making one pie or in quarters to fit the small dishes if making two pies. Cover the phyllo with a damp paper towel and keep it covered as much as possible as you work.

Fit 1 sheet of phyllo in the baking dish; brush the dough lightly with some of the remaining oil. Continue to brush and layer until you have 8 sheets in the pan. Top with

the mixed-greens filling (or half of it if you are making two pies), spreading the mixture evenly. Then brush and layer the top with the remaining 10 layers of phyllo, brushing with oil as before. If making 2 pies, repeat the process.

Brush the top lightly with the remaining egg, then score the top of the pie with a sharp knife (being careful not to cut all the way down to the filling) into 8 sections for the large pie or 4 sections each for the smaller pies. The dish may be frozen at this point.

Bake for 30 to 45 minutes or until the top is flaky and golden brown.



Cajun Shrimp in Foil Packets. Photo by Quentin Bacon, from "You Have It Made"/Washington Post

## Cajun Shrimp in Foil Packets

8 servings

Open one of these packets and you'll find a celebration of aroma, color and flavor: andouille sausage, Cajun/Creole seasoning, zucchini, corn and fresh bell

peppers. Don't be afraid to be bold with the spices.

**MAKE AHEAD:** The uncooked packets can be refrigerated for up to 1 day in advance or frozen in zip-top bags for up to 2 months; add 5 minutes to the baking time if refrigerated and

about 25 minutes if frozen.

#### INGREDIENTS

2 tablespoons salt-free Cajun or Creole seasoning blend

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

2 1/4 pounds peeled and deveined large (26-30 count) shrimp

2 cooked andouille sausage links (6 ounces total), cut into thin rounds

1 pound (about 2 medium) zucchini, cut into thin rounds

2 large red bell peppers, seeded and cut into thin strips

3 cups frozen/defrosted corn kernels

1/2 cup chopped flat-leaf parsley

1/2 cup chopped fresh basil

1 cup dry white wine, such as pinot grigio

1/3 cup olive oil

#### STEPS

Combine the Cajun or Creole seasoning, salt and pepper in a mixing bowl, then add the shrimp and toss to coat.

Lay out 8 large (10-by-18-inch) pieces of heavy-duty aluminum foil on a flat surface.

Divide the andouille sausage, zucchini, bell peppers and corn among the foil pieces, placing the vegetables in the center of each. Top each with shrimp (6 or 7); sprinkle each with 1 tablespoon of the parsley and 1 tablespoon of the basil.

Drizzle each with 2 tablespoons of the wine and about 2 teaspoons of the oil. Fold each piece of the foil to form a packet, sealing tightly and leaving a little room inside for air to circulate in the packet.

If baking right away, preheat the oven to 425 degrees. Arrange the packets on one or two baking sheets; bake for about 13 minutes or until the shrimp is cooked through and the vegetables are crisp-tender.

To serve, open the packets slowly, being careful to avoid the hot steam. Transfer the shrimp, vegetables and sauce that has accumulated to individual bowls or rimmed plates.

## Jerk Pork Loin with Mango Cucumber Salsa

6 servings

This jerk-marinated pork has lots of island flavor and just enough heat, which is offset by the cool, fruity salsa served alongside it. The make-ahead idea here is that you can marinate the pork in the refrigerator for a couple of days or in the freezer for months,

so all you need to do when you want it is defrost, if frozen, and pop it in the oven. Any leftover cooked meat also can be reheated or served at room temperature as part of a cold plate or in sandwiches.

You'll need a thermometer for monitoring the meat, and a roasting pan with a rack.

**MAKE AHEAD:** The pork needs to be marinated in the refrigerator for at least 3

hours and up to 2 days, or in the freezer for up to 2 months. The cooked, sliced pork can be refrigerated for up to 3 days or wrapped well and frozen for up to 3 months; defrost in the refrigerator for 24 to 36 hours. The salsa can be refrigerated (without the cilantro) for up to 3 days in advance.



MEALS Continued from page 25

## INGREDIENTS

For the pork

- 1 small onion, coarsely chopped
  - 1/3 cup distilled white vinegar
  - 3 tablespoons canola or other neutrally flavored oil
  - 8 cloves garlic, coarsely chopped
  - 1 medium jalapeño pepper, stemmed but not seeded, then coarsely chopped
  - 2 teaspoons dried thyme
  - 1 teaspoon ground allspice
  - 1 teaspoon freshly grated nutmeg
  - 1/2 teaspoon ground cloves
  - 1/4 teaspoon freshly ground black pepper
  - One 2-pound boneless pork loin (not a tenderloin)
  - 1 bay leaf
- For the salsa
- 1 cup finely diced fresh mango

- 1 cup finely diced seedless cucumber
- 3 tablespoons minced red onion
- 1 1/2 tablespoons fresh lime juice, or more as needed

- 1/4 teaspoon salt, or more as needed
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons chopped cilantro leaves

## STEPS

For the pork: Combine the onion, vinegar, oil, garlic, jalapeño, thyme, allspice, nutmeg, cloves and black pepper in a food processor; puree until smooth.

Place the meat in a large (1-gallon) zip-top bag. Add the marinade and bay leaf, toss to coat, and seal the bag, removing as much air as possible. Refrigerate for at least 3 hours (and up to 2 days).

Preheat the oven to 400 degrees. Drain the liquid from the zip-top bag, holding in any marinade solids but discarding the bay leaf. Transfer the pork to a rack seated in

a roasting pan; rub the marinade solids all over the pork. Roast for about 45 minutes or until the internal temperature of the pork registers 145 degrees on an instant-read thermometer (medium-rare), or for about 1 hour to register 160 degrees (medium).

Meanwhile, make the salsa: Combine the mango, cucumber, red onion, lime juice, the 1/4 teaspoon salt and the pepper in a medium bowl, stirring to incorporate. (At this point, the salsa can be refrigerated for up to 3 days in advance.)

Just before serving, stir in the cilantro; taste, and add lime juice and/or salt, as needed. The yield is 2 to 2 1/4 cups.

Allow the roasted pork loin to rest at room temperature for 15 minutes before slicing into 1/4-inch-thick slices. Serve with the salsa.

Ingredients are too variable for a meaningful analysis.

## Turkey Sausage-Stuffed Pizza Pockets

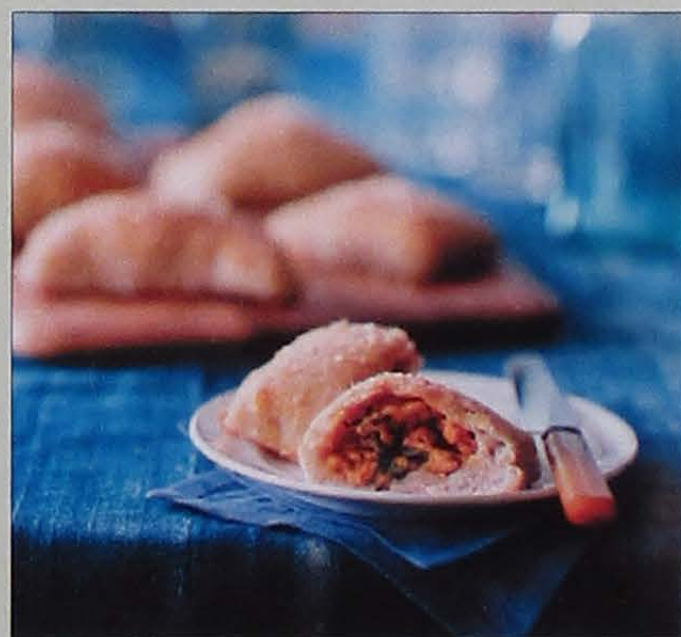
4 servings

This fun meal you can eat with your hands is like having a slice of pizza with all the best toppings - sauce, cheese, sausage - wrapped up in the crust. It's even more fun when you have extra sauce for dipping.

Two pockets make for a filling meal, but one is a perfect afternoon snack. These also make for great game-day party food.

The sodium content in commercial pizza dough and marinara sauce kicked this dish outside our standard for a "healthy" designation.

**MAKE AHEAD:** The baked, cooled pizza pockets can be wrapped in plastic wrap or foil and refrigerated for up to 4 days; reheat unwrapped on a foil-lined



Turkey Sausage-Stuffed Pizza Pockets.  
*Photo by Quentin Bacon, from "You Have It Made"/Washington Post*

baking sheet in a 350-degree oven for 20 to 25 minutes. Wrapped, refrigerated baked pita pockets can be frozen in a zip-top bag for up to 3 months; reheat unwrapped, placing them directly into a 350-degree oven for 35 minutes or until heated through. Individual pita pockets can be microwaved unwrapped on HIGH for 1 minute.

## INGREDIENTS

- 1 tablespoon olive oil
- 8 ounces Italian turkey sausage, casings removed

1/3 cup homemade or simple store-bought marinara, plus 1 optional cup for serving

4 cups lightly packed, chopped fresh arugula or spinach

1 tablespoon cornmeal or flour, for the work surface

1 pound whole-wheat pizza dough (defrosted if frozen)

1 cup shredded low-fat mozzarella cheese

1 large egg, lightly beaten

2 tablespoons freshly grated

Parmigiano-Reggiano cheese

## STEPS

Preheat the oven to 425 degrees. Line a baking sheet with parchment paper.

Heat the oil in a medium skillet over medium-high heat. Once the oil shimmers, add the sausage to the pan and cook, breaking it up with a spoon, until it is browned and crumbled, about 4 minutes. Add the 1/3 cup of marinara sauce and cook, stirring, until the sauce's liquid has nearly all evaporated and what's left is just coating the sausage, 1 to 2 minutes.

Stir in the arugula or spinach; cook for about 1 minute or until just wilted. Remove from the heat to cool.

Meanwhile, sprinkle the cornmeal or flour onto a clean work surface. Use a rolling

pin and/or your hands to stretch the dough into a large rectangle about 12 by 18 inches. (If the dough keeps springing back, let it rest for a few minutes before you begin to stretch it again.) Use a sharp knife or pizza cutter to portion the dough into 8 rectangles of equal size.

Stir the mozzarella into the cooled sausage-greens mixture. Divide the filling evenly among the rectangles, spooning it on one side of each one.

Brush the border of each rectangle with some of the beaten egg, then close the dough over the filling on each rectangle. Use a fork to crimp the edges and seal each pocket, transferring them to the baking sheet as you work. Brush the tops with the egg, then sprinkle with the Parmigiano-Reggiano. Bake until golden brown, 20 to 25 minutes.



## Asian Shrimp Cakes with Avocado-Wasabi Sauce

4 servings

Each bite of these savory cakes starts with a crispy panko crunch that contrasts with the creamy, citrusy, subtly tingly avocado-wasabi sauce and leads you to succulent shrimp seasoned with roasted sesame oil and ginger.

**MAKE AHEAD:** The uncooked shrimp cakes need 20 to 30 minutes to firm up in the refrigerator. They can be refrigerated for 30 minutes, then sealed in a zip-top bag and frozen for up to 3 months. The baked shrimp cakes can be cooled and refrigerated for up to 2 days; reheat uncovered in a 350-degree oven for 15 to 20 minutes. Microwaving is not recommended. To reheat frozen shrimp cakes, place them directly into a 350-degree oven for 20 to 30 minutes. The sauce can

be refrigerated, covered, up to 2 days in advance.

### INGREDIENTS

For the shrimp cakes

1 pound peeled and deveined large (26-30 count) shrimp, finely chopped

1 cup whole-wheat panko bread crumbs, or more as needed

1/4 cup finely chopped, seeded red bell pepper

3 tablespoons finely chopped scallion greens

2 tablespoons roasted sesame seeds

1 large egg, lightly beaten

1 tablespoon chopped fresh cilantro

2 teaspoons toasted sesame oil

1 teaspoon finely grated peeled fresh ginger root

1 1/2 teaspoons fresh lime juice

1/2 teaspoon salt

1/2 teaspoon freshly ground black pepper

1/4 cup canola or other neutrally flavored oil

For the sauce

Flesh from 1 ripe avocado

1 tablespoon fresh lime juice, or more as needed

1/2 teaspoon prepared wasabi paste, or more as needed

1/4 teaspoon salt

### STEPS

For the shrimp cakes:

Combine the shrimp, half of the panko, the bell pepper, scallions, roasted sesame seeds, egg, cilantro, toasted sesame oil, ginger, lime juice, salt and black pepper in a mixing bowl, stirring until just combined. If the mixture seems overly moist, stir in more panko a tablespoon at a time. Spread the remaining panko in a shallow bowl; you'll need about 1/2 cup for coating, so you may have to add a bit if you used more for the mixture.

Divide the shrimp mixture into 12 equal mounds, then

shape each one into a patty about 2 1/2 inches wide and about 1/2-inch thick. Coat each patty well with the remaining panko. Place the cakes in the refrigerator for 20 to 30 minutes to firm up.

Meanwhile, make the sauce: Use a fork to mash together the avocado, lime juice, wasabi paste and salt in a medium bowl until smooth. Taste, and mix in more wasabi paste as needed. The yield is 3/4 cup. If not using right away, cover with plastic wrap directly on the surface and refrigerate until ready to serve.

Heat the oil in a large non-stick skillet over medium heat. Once the oil shimmers, add as many shrimp cakes as will fit in the pan without crowding. Reduce the heat to medium-low; cook until the cakes are golden brown on both sides and cooked through, about 5 to 6 minutes per side.

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# PROTEIN SOURCES & VEGETARIANISM

**W**hile people become vegetarian for many different reasons, one thing seems to hold true: vegetarians have substantially reduced risks for heart disease, high blood pressure, obesity, diabetes mellitus and some forms of cancer.

There are actually many different types of vegetarians. Vegetarian diets are often characterized by the degree in which animal foods are excluded. Lacto-vegetarians avoid meat, poultry, fish and eggs but will consume dairy products. Ovo-vegetarians will avoid meat, poultry, fish and dairy foods but

will include eggs. Lacto-ovo-vegetarians avoid meat, poultry and fish but, you guessed it, will include eggs and dairy products. Vegans exclude animal-derived foods of all types. How is that for a vocabulary lesson?



AMY CLARK

Many people following a vegetarian diet are concerned about

including adequate protein in their diets. Before considering alternate sources of protein in a vegetarian diet it's best to determine the daily amount of recommended protein. For most healthy individuals, protein needs are calculated as 0.8 grams/kilogram of body weight. For



instance, an individual weighing 165 pounds should consume 60 grams of protein per day. To compute your protein needs in grams, divide your weight in pounds by 2.2 (kg/lb.), then multiply that result by 0.8.

It once was thought vegetarians need to consume the right combinations of complimentary proteins at every meal to ensure they were receiving the appropriate amino acid profile to make up a complete protein. The combination of foods doesn't matter as much as the variety and amounts being consumed throughout the day. Typically, eating a variety of foods that meet the protein requirements for an individual should provide the necessary amounts of essential amino acids. All amino acids consumed go into an amino acid pool, from which the body then makes the necessary proteins. To determine if you are meeting the recommended protein requirements for your body, try to journal food intake for 3 days, focusing on the grams of protein. This will provide a baseline to determine if protein intake is inadequate, appropriate or excessive.

Enjoying a plant-based meal once or twice a week is a great way to reap the benefits of a vegetarian diet. Become a part-time vegetarian with these quick and easy meal ideas:

Replace meat in a stir-fry with nuts or tofu (11 grams of protein in 4 ounces).

Use tempeh (1 cup has 41 grams protein) in chili, stir-fries, soups, salads, sandwiches and stews. Tempeh is a soy product that has been described as nutty, meaty and mushroom-like.

Make a soup with lentils (18 grams of protein in just 1 cup).

Combine black beans (1 cup has 15 grams of protein) and brown rice; top with salsa and reduced-fat cheese.

Replace rice with quinoa (9 grams of protein for 1 cup).

Look for pastas made with plant proteins, such as Explore Asian Authentic Cuisine black bean spaghetti-shaped noodles (25 grams of protein for 2 ounces).

Mix cold pasta salad with vegetables, beans, reduced-fat cheese and low-fat Italian dressing.

Prepare whole-grain pasta and mix with steamed vegetables, edamame and stewed tomatoes. Top with shredded Parmesan cheese.

Fill a soft tortilla with fat-free refried beans, salsa, low-fat cheese and vegetables for a zesty meal.

Try Smart Deli meat substitutes and make a sandwich on whole-grain bread with vegetable fixings.

Morning Star or Boca meat substitutes are a wonderful replacement for meat patties.

Choose Greek yogurt (9 to 14 grams of protein for 6 ounces) at snack time.

*For more information on how to consume a well-balanced vegetarian diet, and other nutrition considerations for the vegetarian diet, visit with your Ames Hy-Vee Dietitians, Amy or Nicole.*

*The information is not intended as medical advice. Please consult a medical professional for individual advice.*

## SOUTHWESTERN BLACK BEAN SPAGHETTI

Serves 6.

All you need:

1 package Explore Asian Authentic Cuisine black bean spaghetti

shape

1 (8 oz) pkg Monterey sliced baby bella mushrooms

1 small onion, diced

1 green pepper, diced

1 tablespoon olive oil

1 tablespoon minced garlic

1 (11 oz) can chipotle corn

1 (14.5 oz) can no-salt-added fire roasted tomatoes

1 package Frontera green chile enchilada sauce

1 (8 oz) package Greek yogurt cream cheese, softened

Chopped cilantro, optional

All you do:

Prepare noodles according to package directions.

Meanwhile, sauté mushrooms, onion and green pepper in olive oil with minced garlic. Add corn and tomatoes.

Mix the enchilada sauce and cream cheese together. Add to vegetable mixture.

Separate black bean spaghetti evenly among 6 bowls. Top with cream sauce. Garnish with cilantro, if desired.

**Nutrition Facts per serving:** 310 calories, 9g fat, 3.5g saturated fat, 15mg cholesterol, 480mg sodium, 32g carbohydrate, 11g fiber, 25g protein.

**Daily values:** 20% vitamin A, 50% vitamin C, 25% calcium, 30% iron.



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## ■ AMES CONVENTION & VISITORS BUREAU

# The Art of Hospitality

**F**or Dr. Bob Bosselman and 600 undergraduates at Iowa State University, hospitality is more than a career path. It's a unique discipline. One that they study daily, not only to learn the ins and outs of the industry itself, but to consider new, inventive ways to expand their field. There is an art to hospitality, and Dr. Bob and these students examine and explore its nuances with the hope to take the field in new directions.

### Dr. Bob

Bosselman arrived in Ames in 2007 when he was hired to serve as chair of the Department of Apparel, Events, and Hospitality Management (AESHM) at Iowa State University. Prior to taking this position, he served as director of the Dedman School of Hospitality and the director of the International Center for Hospitality Research & Development at Florida State University. He had also served as professor and assistant dean in the Harrah College of Hotel Administration at University of Nevada Las Vegas prior to his service at Florida State. Dr. Bosselman's academic career began in the Department of Hotel, Restaurant & Travel Administration at University of Massachusetts.

Bosselman earned his doctoral degree in food systems administration from Oklahoma State University, his master's degree in hotel and restaurant administration from Florida International University, and a bachelor's degree in biology from University at Buffalo.

Bosselman was drawn to Iowa State University because it was a unique chance to chair a department that has three separate programs: apparel, merchandising, and design; event management; and hospitality management. Since joining the department he's enjoyed seeing it flourish and grow. For example, event management was added as a formal program in 2011. It started with just a handful of students and now 400 undergraduates are in the program.

In addition, Iowa State University's philosophy of serving not only the students, but the community and state as well, resonated with Bosselman. One of the ways he gives back to the community is with his work on the Ames Convention & Visitors Bureau Board of Directors. Serving as the president of the board, Bosselman works tirelessly to build economic activity in the Ames/Story County area by promoting convention and visitor activities.

The Bureau's Board of Directors is made up of area hoteliers, business professionals and community leaders. Bosselman's experience studying the hospitality industry from a broad, big picture perspective and his work with students adds yet another important viewpoint to the board.

### The Students

Since Iowa State University students need practical experiences and internships to enrich their classroom learning, there is a natural connection between the university and the community. The hospitality industry in Ames and the surrounding region welcome students into their businesses and provide opportunities for students to learn in real world situations. In turn, our community and region benefit from the fresh ideas and vitality these students bring to their internship assignments.

Bosselman remarked, "It's the students that make each semester exciting. Each semester we begin again, and each student brings their dreams and creative ideas to the table. What's even more rewarding is to see how students apply their formal training once they leave Iowa State. Event management is a relatively new major and to see the kinds of jobs students are getting as they leave the program is impressive. The event management industry is growing and changing and our students continue to dive into new areas of the discipline."



*Dr. Bob Bosselman, photo courtesy of ISU Department of AESHM*



## Iowa State University

Iowa State University's Department of Apparel, Events, and Hospitality Management is nationally recognized for their programs of study. Currently there are approximately 1,050 undergraduates in AESHM, with 450 in apparel, merchandising, and design; 400 in event management; and 200 in hospitality management. While the top schools are located in Las Vegas and Orlando, locations that are known for hosting huge numbers of events and visitors, Ames offers a different locale and environment to their students.

Bosselman explains, "When a student joins one of our programs we feel they should be treated in the same manner they will be expected to treat their future clients and guests they will serve in their career. After all, we are in the business of educating future hospitality professionals. Our department and staff must be role models and exemplify extraordinary hospitality. The goal is that our students will find a welcoming environment, where they feel they have a place and belong. If a student has an issue, we help them resolve it. Creating a friendly, warm environment means remembering the little things. For instance, we have three candy dispensers in our offices. It seems so trivial, but our students just stop in the office to get a piece of candy. As a result, they interface with us more often. There's a sense of home and fun which makes our interactions with our students richer. Students choose Iowa State because they can see themselves living here



Dr. Bosselman at the 20th Annual Hospitality Graduate Student Conference, photo courtesy of ISU Department of AESHM

for four years. Parents feel good sending students off to encouraging, supportive learning environments."

## The Ames Community

While Iowa State University offers a welcoming environment to its students, the Ames/Story County area also draws visitors with its friendly hospitality. Time and again, visitors tell the Ames Convention & Visitors Bureau the reason they come back to Ames is the people. They enjoy being here. They feel comfortable, find it easy to find their way around town, and are impressed by the treatment they receive whether they are at their hotel or at one of our restaurants or shops.

In addition, if you also consider the array of attractive meeting space options in Ames, you can see why people choose to return to Ames time and again. Many sports tournaments pick Ames due to the number of sporting facilities available all within just a few miles of each other. This combination of outstanding

amenities and a warm, hospitable atmosphere makes Ames stand out in a crowd.

Even Dr. Bosselman noticed. When he first came to visit Ames, he was here for an interview. The day before his interview there was quite a snow storm. The individual that met him at the airport encouraged him to not be alarmed by the number of cars on the side of the road due to the weather. Instead, just see what our community is about. He found genuine, friendly people. Bosselman is from New York, and his wife is from Massachusetts. In all his years of academics, he remarked that coming to Ames felt the most like coming home.

Our city should be proud of what we have to offer both visitors and residents alike. While it's not in our polite nature to boast, we should feel free to toot our own horn and celebrate our successes. No doubt we have the relationship between our community and Iowa State University to thank for much of our good fortune. Just look at the hospitality industry. Students learn the art of hospitality at Iowa State University, then later work and intern at our local hotels and restaurants. Many stay in the region once they graduate. We have Dr. Bosselman and the faculty from AESHM to thank for encouraging our students to grow and develop into outstanding hospitality professionals that represent the Ames community every day.



Dr. Bob Bosselman at the Bureau Cites Promotional Event



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